



# Rec Connection

A publication of Murfreesboro Parks and Recreation Department



## *Inside this Issue:*

*Weddings at Cannonsburgh  
Sweetheart Dash & Splash  
Valentine's Day Dance  
and more!*

February 2006





www.murfreesboro.tn.gov

# Murfreesboro Parks and Recreation Department

Director, Dennis Rainier, CPRP  
Deputy Director, Lanny Goodwin, CPRP

697 Barfield Crescent Rd. Murfreesboro, TN 37128

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**Website:** www.murfreesborotn.gov **Email:** recinfo@murfreesbortn.gov

## MISSION STATEMENT

Our mission is to plan, organize, implement and promote a comprehensive delivery system of programs, facilities and areas which enhance the community's quality of life.

## CITY OF MURFREESBORO ACCESS STATEMENT

The City does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, sex, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro. It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.

## RENTAL INFORMATION

| Location                        | Amenities Available for Rental   | Reservations |
|---------------------------------|--|--------------|
| Barfield Crescent               | Shelters 1,2,5,6,7,8 - seating amounts differ and are available half day and/or all day / Shelters 3,4,9,10 are free and available on a first-come, first-serve basis.   | 890-5333     |
| General Bragg Trailhead         | 1 picnic shelter, seats approx. 45, with attached restroom. Available half day and/or all day.   | 890-5333     |
| McKnight Park                   | 1 picnic shelter, seats approx. 80. Available half day and/or all day.   | 890-5333     |
| Old Fort Park                   | 2 picnic shelters, seats approx. 80 each, with restroom located at shelter #1. Available half day and/or all day.  | 890-5333     |
| Patterson Park Community Center | 1 large shelter, seats approx. 100, available half day and/or all day & 1 small shelter, seats approx. 50, available on a first-come, first-serve basis. Meeting rooms, dining room & kitchen, theater & pool available for rental.                          | 893-7439     |
| Rogers Park                     | 1 large shelter, seats approx. 80 and 1 small shelter, seats approx. 45, both available half day and/or all day.   | 890-5333     |
| Cannonsburgh Village            | Available for rental: Chapel, Gazebo, Leeman House, open space rentals, tables, chairs & staff.  | 890-0355     |
| McFadden Community Center       | Gym available half day and or all day. Gym as dining room, kitchen available on hourly basis.  | 890-5333     |
| Sports*Com                      | Gym, pool & aerobic area available on an hourly basis. Kitchen available at a flat rate. Meeting room & outdoor volleyball courts available half day and/or all day. Pool party specials available on Saturdays and facility available for overnight rental. | 895-5040     |
| Wilderness Station              | Available for rental: retreat area, camp sites and equipment.  | 217-3017     |

## TABLE OF CONTENTS

|   |     |   |       |
|---|-----|---|-------|
| Park Locations & Hours                                  | 3   | Sports*Com - Fees, Schedules & Location | 6-7   |
| Murfreesboro Greenway System                            | 4   | Infant / Toddler / Preschool Programs   | 8-9   |
| Wilderness Station Information                          | 4   | Youth / Teen Programs                   | 12-14 |
| Wetlands information                                    | 5   | Special Events                          | 10-11 |
| McFadden Community Center Information                   | 5   | Adult Programs                          | 15    |
| Cannonsburgh Village Information                        | 5   | Senior Programs                         | 16    |
| Patterson Community Center - Fees, Schedules & Location | 6-7 | All Ages Programs                       | 17-19 |

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# Parks - Locations & Informaton

## Barfield Crescent Park

A 430-acre community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro.



**Facilities include:**

- \*8-field baseball/softball complex with parking for 600 cars (lighted fields, 2 concession stands, scorekeeper areas and scoreboards)
- \*Administrative office of the Parks and Recreation Department
- \*Over 7 miles of both paved and unpaved hiking and walking trails
- \*10 picnic shelters with tables (4 shelters seating 24 in each, 1 shelter seating 76, 4 shelters seating 108 in each and a corporate shelter seating 315+)
- \*An 18 hole championship Disc Golf Course
- \*Wilderness Station with two education classrooms, restrooms and outdoor store.
- \* 12 private campsites and 1 group site.

## McKnight Park

An 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

**Facilities include:**

- \*Sports\*Com, an indoor/outdoor multipurpose sports and recreational facility composed of a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool and 50-meter outdoor pool, and a sand volleyball court.
- \*4 youth softball fields and concession stand (home of the Stones River Kiwanis Girls Softball Program).
- \*Star\*Plex, a 5-field youth/adult baseball/softball complex with concessions and restroom facilities (home of the Optimist Little League Baseball Program).
- \*8 youth/adult soccer/football fields with a picnic shelter, concession stand and restroom facilities.
- \* 1 medium-sized picnic shelter located next to the side parking lot of Sports\*Com.



## Old Fort Park

A 50-acre community park located at 1025 Old Fort Parkway.

**Facilities include:**

- \* 2 picnic shelters (1 with restrooms)
- \* 1 small playground near shelter #1
- \* Kids' Castle Playground
- \* 2 baseball fields with lights, concession stand, press box and restrooms
- \* Volleyball area
- \* Large open space with backstop
- \* 20 electrical hookups
- \* 8 lighted tennis courts with pro shop.



Kids Castle at Old Fort Park

## Jaycees Mini-Park

A 1-acre passive park located at the corner of Bell St. and Crossway Ave. There are 3 picnic tables, 7 benches and open space.

## West View Mini-Park

1-acre at February Street. The park consists of a picnic shelter with 2 tables, playground and basketball goal.

## Oakland's Park

A 31-acre neighborhood park and historic site located at the corner of N. Maney and Roberts St.

- \*Oaklands Mansion National Historic Site
- \* Oaklands Spring area, nature trail (undeveloped)
- \* Volleyball area
- \* 2 ball fields (1 Babe Ruth, 1 Little League) with lights, press box and restrooms.



## Black Cat Cave

2.5 acres located on Hwy. 231 North across from the VA Hospital.

## Richard Siegel Soccer Complex and Community Park

A 137-acre soccer complex and community park. The park is located at the corner of 231 North and Cherry Lane. Siegel is one of the premier soccer facilities in the southeast region.

**Facilities include:**

- \*One lighted championship field with stadium seating.
- \* Ten lighted regulation soccer fields.
- \* Four youth soccer fields
- \*Two multipurpose fields
- \* Five pavilions
- \* Two concession buildings
- \* Two meeting rooms
- \* Two sand volleyball courts
- \* Basketball courts
- \* Horseshoe pits
- \* Cross country trail
- \* Three walking trails



**Murfreesboro Parks & Recreation is proud to announce the new...**

## Murfreesboro Bark Park!

The Murfreesboro Bark Park provides a fenced space for people to play with their dogs off-leash. You and your dog can access the area from the Murfreesboro Greenway System – the park is located just south of the General Bragg Trailhead (off West College Street/Old Nashville Highway).

**The Benefits of a Dog Park**

- Allows dogs to exercise and socialize safely.
- Promotes responsible dog ownership.
- Provides an outlet for dog owners to socialize.
- Makes for a better community by promoting health and safety.
- Provides an accessible area for dog owners who are elderly or have limited mobility.

**Contact:**

Angela Jackson, Program Coordinator for Greenway and Wetlands  
(615) 893-2141



# Wilderness Station Information

697 Barfield Crescent Rd - 615-217-3017



\*Located in the Barfield Crescent Park, the **Wilderness Station** is a beautiful facility featuring nature and outdoor adventure programs, room rentals, and a snack/gift shop.

\*A paved accessible trail leads to the primitive (walk-in only) backcountry campground and the river overlook.

\*5 miles of rough, rocky and hilly backcountry trails offer a variety of challenges.

\*The small fishing pond is great for beginners. Please catch and release only.

\*A popular fishing and wading area can be accessed near the river overlook trail. The Marshall Knobs trail loop runs below the overlook along the bank of the West Fork of the Stones River.

\*The Backcountry Campground has designated areas divided into 4 group sections. Each section has 5 individual campsites. The campground is "primitive camping" which means you can only get there by walking/backpacking. There are no showers, drinking water or electricity. The restrooms consist of 1 flushable toilet.

The campground is a 1-mile hike from the Wilderness Station parking lot. Everyone must take a "wilderness awareness workshop" scheduled with the Wilderness Station staff prior to planning and scheduling your first campout. This 45-minute informative session conveys the points of the nationally recognized "Leave No Trace Outdoor Ethics" program and explains some of the basic rules for this educational camping facility.

## **Park Hours:**

7 a.m. to 10 p.m.

(Gates are subject to stay open later or close earlier due to special events or seasonal requirements.)

## **Trail Hours:**

7 a.m. to 30 minutes before dark  
(unless attending a staff-led program)

## **Wilderness Station:**

November 1st - March 31st

9 a.m. to 5 p.m. Tuesday thru Saturday

Noon to 5 p.m. Sundays - Closed on Mondays

**Please see page 2 for rental rates & information.**

# Murfreesboro Greenway System

## **Contact:**

**Angela Jackson, Program Coordinator for Greenway and Wetlands**  
**(615) 893-2141**

**Hours:** Opens at sunrise and closes 1/2 hour before sunset.

## **Thompson Lane Trailhead**

Located on Thompson Lane, off Northwest Broad Street, this trailhead provides access to the historic McFadden farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River and is marked with an artillery monument. A 60-car parking area at this Northern terminus of the Murfreesboro Greenway System allows users to enter the 12-foot wide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available from this location.

## **Broad Street Trailhead**

The intersection of Thompson Lane and Northwest Broad Street at the 84 Lumber Company is an 8-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. Close to this trail entrance, visitors can view rock outcroppings near the bank of the Stones River. As you travel to the west there is a wooden overlook that provides a good view of the river.

## **General Bragg Trailhead**

This trailhead houses a picnic pavilion that has restrooms, a water fountain, and a children's playground. The 40-car parking lot can be reached from West College Street (Old Nashville Highway). If you started at the Thompson Lane Trailhead (to the north) or Fortress Rosecrans Trailhead (to the south) you are now approximately halfway on the Stones River Greenway at a distance of 1 1/2 miles in either direction. A spur trail begins from the side of the pavilion and leads to Stones River National Battlefield. This spur trail adds another 1 1/2 miles to your walk.

## **Manson Pike Trailhead**

At the corner of Searcy Street and

Medical Center Parkway is a trailhead that offers parking for 15 cars. Provided at this site is a boat ramp for small craft. Restrooms and a water fountain are available. A short walk gives the visitor a view of the dam at Ransom's Mill.

## **Redoubt Brannan Trailhead**

This trailhead contains 19 parking spaces and is located on West College Street. Across the street are the remains of an earthen fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

## **Fortress Rosecrans Trailhead**

Located on Golf Lane inside Old Fort Park is this historic trailhead. The pathway leading to the Murfreesboro Greenway System passes by the largest restored earthen fortification of the Civil War. This fort played a crucial role in the Battle of Stones River. It served as a supply depot for the Union troops on their march south to Chattanooga and Atlanta.

## **Overall Street Trailhead**

This small trailhead has parking for 11 cars and is located across from the entrance to the picnic pavilions at the rear of Old Fort Park. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

## **Cannonsburgh Trailhead**

This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek trail which passes through the most urban portion of the greenway. Local businesses are accessible to those wishing to purchase a beverage, snack, or full meal. After crossing under Broad Street, the historic downtown square is a block away. The Linebaugh Public Library, City Hall, and Police Administrative offices are all located within two blocks of this trailhead. Cannonsburgh has restrooms and a water fountain available.

# Wetlands Information

## Contact:

**Angela Jackson, Program Coordinator for Greenway & Wetlands**  
**(615)893-2141**

Murfreesboro Spring Wetlands is a 25-acre city park and under the jurisdiction of the City of Murfreesboro Parks and Recreation Department. **It is located at the corner of Maney and Broad Streets.** Walking trails and raised boardwalks wind through the wetlands, while the plaza area boasts an amphitheater and water features. The area offers parking, restrooms, and a playground, all of which have easy access to the Discovery Center, a hands-on children's museum.

Wetlands are among the most productive ecosystems in the world, comparable to rain forests and coral reefs. The restoration and preservation of this irreplaceable resource in Murfreesboro serves not only local wildlife, but also teaches our citizens to love, appreciate, and protect wetlands everywhere.

Silhouettes of popular wetland flora and fauna form interactive interpretive signage along the boardwalks. A retaining wall becomes the History Wall, depicting a timeline of the area from prehistoric to current happenings on the site. Stepping stones through a pond-like water feature demonstrate an aquatic food chain. Opportunities for learning abound!

## McFadden Community Center



**211 Bridge Avenue**  
**615-893-1802**

McFadden Community Center offers a safe, fun environment for area children to attend after school. The after-school program offers homework time, arts & crafts activities, and athletic activities. Games include pool, bumper pool and air hockey.



### Center Hours:

Monday - Friday  
10 a.m. - 8 p.m.

**NOTE:** To reserve the gym at McFadden, contact our main office at 890-5333.

# Cannonsburgh Village

**312 S. Front Street - 615-890-0355**



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and period gifts.



The historic buildings in Cannonsburgh Village are closed through the winter. Farm implements, tractors and grounds may be viewed year-round.

The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions year-round on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Monday through Friday, 10 a.m.-4 p.m., for rental fee and day/time availability, 615/890-0355.

### Winter Visitor Center Hours:

December 1, 2005 - April 22, 2006  
Monday through Friday, 10 a.m. - 4 p.m.  
Closed Saturday & Sunday



Patterson Park Community Center & Sports\*Com

Patterson Park Community Center is located at 521 Mercury Blvd. - 615-893-7439.  
Sports\*Com is located at 2310 Memorial Blvd. - 615-895-5040.

HOURS OF OPERATION

Monday through Friday: 6am - 9pm / Saturday: 8am - 5pm / Sunday: 1pm - 5pm  
Closed: Presidents' Day, February 20, 2006

| ADULTS      |        |          |             |           |
|-------------|--------|----------|-------------|-----------|
| ADULTS      | DAILY  | MONTHLY* | 30 VISITS** | YEARLY*** |
| GOLD PASS   | \$4.00 | \$40.00  | \$60.00     | \$360.00  |
| SILVER PASS | \$3.00 | \$30.00  | \$45.00     | \$270.00  |
| BRONZE PASS | \$2.00 | \$20.00  | \$30.00     | \$180.00  |

| YOUTH & SENIORS (17 & UNDER, 60 & OLDER) |        |          |             |           |
|--|--------|----------|-------------|-----------|
|  | DAILY  | MONTHLY* | 30 VISITS** | YEARLY*** |
| GOLD PASS                                | \$3.00 | \$30.00  | \$45.00     | \$270.00  |
| SILVER PASS                              | \$2.00 | \$20.00  | \$30.00     | \$180.00  |
| BRONZE PASS                              | \$1.00 | \$10.00  | \$15.00     | \$90.00   |

ADMISSIONS AND PASSES

**Gold Pass:**  
Includes pool, all areas of center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

**Silver Pass:**  
Includes pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

**Bronze Pass:**  
Includes selected areas of the center: game room, gymnasium, track, and wellness center. Does not include city-sponsored wellness classes, fee-based classes, pool or racquetball courts.

**Note:** Racquetball courts only available at Patterson Park Community Center.

**Note:** Passes purchased are good for both Sports\*Com and Patterson Park Community Center.

Tot Watch

Ages: 6 months -7 years old  
Cost: \$3 per child; \$1 for each additional sibling. Parents that have a gold yearly or gold monthly pass may use the Tot Watch area for free. Limit 3 children per family.

**Sports\*Com Days/Times:** Mon- Fri 8am-10am; Mon- Thur 5pm-8pm  
**Patterson Days/Times:** M-F 7:30am-11am and 4pm-8:45pm / Sat 8am-11am  
\* Patrons may use Tot Watch for up to 2 hours per day and no more than 9 hours per week. You must reserve a spot in Tot Watch prior to your arrival.

\*Monthly = Unlimited daily visits for 30 days from date of issue.

\*\*30 visits = 30 daily visits over a one-year period from date of issue.

\*\*\*Yearly = Twelve months from date of issue.

For more information on our new financial assistance policy and facility rental fees, please call the MPRD office at 890-5333.

Patterson Group Exercise Schedule

| MON                              | TUES                                | WED                              | THURS                               | FRI                              | SAT                        |
|----------------------------------|-------------------------------------|----------------------------------|-------------------------------------|----------------------------------|----------------------------|
| 8:30-9:30a<br>Monday Madness     | 8:30-9:30a<br>Body Sculpt           | 8:30-9:30a<br>Interval Explosion | 8:30-9:30a<br>Body Sculpt           | 8:30-9:30a<br>Dancercize         |                            |
|                                  | 9:30-10:15a<br>Senior Sensations    |                                  | 9:30-10:15a<br>Senior Sensations    | 9:30-10:15a<br>Senior Sensations | 9-10a<br>Saturday Surprise |
|                                  | 10:30-11:15a<br>Busy Bees Boot Camp |                                  | 10:30-11:15a<br>Busy Bees Boot Camp |                                  |                            |
| 5:30-6:30p<br>Interval Explosion | 5:30-6:30p<br>Aerobic Roulette      | 5:30-6:30p<br>Interval Explosion | 5:30-6:30p<br>Aerobic Roulette      | 5:30-6p<br>Express Yoga          |                            |
| 6:30-7:30p<br>Power Yoga         | 6:30-7:30p<br>Step n' Sculpt        | 6:30-7:30p<br>Power Yoga         | 6:30-7:30p<br>Step n' Sculpt        |                                  |                            |

Sports\*Com Group Exercise Schedule

| MON                    | TUES                     | WED                    | THURS                    | FRI                    | SAT                 | SUN                 |
|------------------------|--------------------------|------------------------|--------------------------|------------------------|---------------------|---------------------|
|                        | 7am<br>Tai Chi-Arthritis | 6am<br>Wake Up Step    | 7am<br>Tai Chi-Arthritis | 6am<br>Cardio Blast    |                     |                     |
| 8am<br>Step/Tone       | 8am<br>Core Energy       |                        | 8am<br>Core Energy       |                        | 8:30am<br>Step/Tone |                     |
| 9:15am<br>Senior Power | 9:15am<br>Total Body     | 9:15am<br>Senior Power | 9:15am<br>Total Body     | 9:15am<br>Senior Power |                     |                     |
| 10:30am<br>Tumbleweeds |                          | 10:30am<br>Tumbleweeds |                          |                        |                     | 1:30pm<br>Step/Tone |
| 5pm<br>Step/Tone       | 5pm<br>Step/Tone         | 5pm<br>Step/Tone       | 5pm<br>Step/Tone         | 5:30pm<br>Surprise     |                     |                     |
| 6pm<br>Step/Tone       | 6pm<br>Yoga              | 6pm<br>Step/Tone       | 6pm<br>Yoga              |                        |                     |                     |
| 6:30pm<br>Kickboxing   | 6:30pm<br>Kickboxing     | 6:30pm<br>Kickboxing   |                          |                        |                     |                     |

**Aerobic Roulette:** Add a twist of cardiovascular training, strengthening & toning with this easy-to-follow, yet challenging, class. It combines the use of the exercise studio and the indoor walk/run track.

**Body Fusion:** A new, unique class combining cardio, weight training and yoga to create a well-balanced body.

**Busy Bees Boot Camp:** Ages 3-5. Children will further their development of locomotion and movement skills, as well as stability and manipulation, in this class. Introduces agility, speed, strength and endurance while improving motor skills.

**Cardio Blast:** Incorporates boot-camp moves, step, weight training, and whatever else can get you up and moving!

**Core Energy:** Use fluid moves, static

holds and muscular contractions to strengthen the muscles of your torso (abs, back, and waist), hips and legs.

**Dancercize:** Try this fun dance class, which incorporates all types of dance styles (Latin, Line-dancing, Ballet, & Jazz) into each class.

**Express Yoga:** Focuses on stretching, strengthening, and breathing while preparing for a great weekend.

**Friday Surprise:** The format of this class varies week to week in accordance with what the instructor and participants vote to do. Let your voice be heard.

**Interval Explosion:** Strength training combined with cardio keeps the heart pumping for a total body workout in only one hour!

**Kickboxing:** High-intensity workout incorporating kicks, jabs, hooks, and

other martial-arts-inspired moves to give you an excellent cardiovascular workout. Includes some toning and abdominal exercises.

**Monday Madness:** A great mix of exciting cardio moves and fun strength training activities that are sure to wake up the body.

**Power Yoga:** A 1-hour class that integrates yogic stretching with strength training for a well-rounded workout. Join us to improve both your flexibility and strength.

**Saturday Surprise:** It's the instructor's choice! The instructor will lead the class through a variety of workouts.

**Senior Power:** This class is specifically designed for our seniors. Concentration is on building strength and flexibility as well as functional fitness.

**Senior Sensations:** This is a high energy, enthusiastic workout designed for adults aged 55+. Improve flexibility, strength, endurance and balance.

**Step-n-Sculpt:** A fun step workout combined with the benefits of strength training. Have fun while getting in shape and creating a new physique.

**Step/Tone:** Consists of basic and not-so-basic step moves designed to give all fitness levels a heart-pounding workout. May include additional toning and abdominal exercises.

**Tai Chi:** Its use of smooth flowing, upright movements makes this form of Tai Chi perfect for those suffering from arthritis. You don't have to have arthritis to enjoy and benefit from this class.

**Total Body Conditioning:** Nonstop workout that uses dumbbells, body bar,

balls, steps, and even your own body weight to help you develop the lean muscle tissue you need for a toned body.

**Tumbleweeds:** Ages 2-5  
Your child will learn the fundamentals of tumbling and balance in this 45-minute class.

**Wake Up Step:** Early morning step class- mostly cardio with some toning and abdominal work.

**Yoga :** These flowing, stretching moves will help reduce stress, increase flexibility, balance and coordination.

**Yogilates:** Combines the benefits of yoga and pilates to promote balance, flexibility, strength and relaxation through various postures and breathing techniques. This workout will not only strengthen your abs and lower back, but will tone your hips and waistline.

| SPORTS*COM INDOOR POOL & WATER EXERCISE SCHEDULE |                                |                        |  |                        |  |                        |   |
|--|--------------------------------|------------------------|--|------------------------|--|------------------------|---|
| DAYS & TIMES                                     | SUN                            | MON                    | TUES   | WED                    | THURS  | FRI                    | SAT   |
| 6-7AM  |                                | LAP SWIM               | LAP SWIM   | LAP SWIM               | LAP SWIM   | LAP SWIM               |   |
| 7-8AM  |                                | LAP SWIM               | LAP SWIM   | LAP SWIM               | LAP SWIM   | LAP SWIM               |   |
| 8-9AM  |                                | H2O EXERCISE           | H2O EXERCISE                                     | H2O EXERCISE           | H2O EXERCISE                                     | H2O EXERCISE           | 8:30-9:30AM<br>NEW! DEEP H2O/<br>SWIM LESSONS |
| 9-10AM   |                                | GENTLE JOINTS*         | DEEP H2O   | GENTLE JOINTS          | DEEP H2O   | GENTLE JOINTS          | LAP SWIM/<br>SWIM LESSONS                     |
| 10-11AM  |                                | REHAB/<br>DEEP H2O     | REHAB  | REHAB/<br>DEEP H2O     | REHAB  | REHAB/<br>DEEP H2O     | LAP SWIM/<br>SWIM LESSONS                     |
| 11AM-12PM  |                                | LAP SWIM               | LAP SWIM   | LAP SWIM               | LAP SWIM   | LAP SWIM               | LAP SWIM/<br>SWIM LESSONS                     |
| 12-1PM   |                                | LAP SWIM               | LAP SWIM   | LAP SWIM               | LAP SWIM   | LAP SWIM               | AVAILABLE FOR<br>PARTY RENTALS                |
| 1-2PM  | OPEN SWIM                      | CLOSED                 | CLOSED   | CLOSED                 | CLOSED   | CLOSED                 | OPEN SWIM                                     |
| 2-3PM  | OPEN SWIM                      | CLOSED                 | CLOSED   | CLOSED                 | CLOSED   | CLOSED                 | OPEN SWIM                                     |
| 3-4PM  | OPEN SWIM                      | LAP SWIM/<br>OPEN SWIM | LAP SWIM   | LAP SWIM/<br>OPEN SWIM | LAP SWIM   | LAP SWIM/<br>OPEN SWIM | OPEN SWIM                                     |
| 4-5PM  | OPEN SWIM<br>CLOSES AT 4:30PM  | LAP SWIM/<br>OPEN SWIM | LAP SWIM/<br>4:30-5:30 DEEP H2O/<br>SWIM LESSONS | LAP SWIM/<br>OPEN SWIM | LAP SWIM/<br>4:30-5:30 DEEP H2O/<br>SWIM LESSONS | LAP SWIM/<br>OPEN SWIM | OPEN SWIM<br>CLOSES AT 4:30PM                 |
| 5-6PM  | AVAILABLE FOR<br>PARTY RENTALS | LAP SWIM/<br>OPEN SWIM | LAP SWIM/<br>4:30-5:30 DEEP H2O/<br>SWIM LESSONS | LAP SWIM/<br>OPEN SWIM | LAP SWIM/<br>4:30-5:30 DEEP H2O/<br>SWIM LESSONS | LAP SWIM/<br>OPEN SWIM | AVAILABLE FOR<br>PARTY RENTALS                |
| 6-7PM  | AVAILABLE FOR<br>PARTY RENTALS | H2O EXERCISE           | DEEP H2O/<br>SWIM LESSONS                        | H2O EXERCISE           | DEEP H2O/<br>SWIM LESSONS                        | H2O EXERCISE           | AVAILABLE FOR<br>PARTY RENTALS                |
| 7-8PM  |                                | OPEN SWIM              | OPEN SWIM  | OPEN SWIM              | OPEN SWIM  | OPEN SWIM              |   |
| 8-8:30PM   |                                | OPEN SWIM              | OPEN SWIM  | OPEN SWIM              | OPEN SWIM  | OPEN SWIM              |   |

**CLASS DESCRIPTIONS**  
**H2O Exercise**  
*Mon, Wed, Fri 8-9am*  
This one-hour session can serve the beginner or the student looking for a mid-range aerobic workout. Resistance equipment is used for toning and strengthening - all muscle groups are targeted. The class is easily modified for impact limitations. Takes place in the shallow end of the indoor pool.  
**T-Days**  
*Tue, Thurs. 8-9am*  
This class offers a moderate-to-high intensity cardio workout, abdominals and muscle conditioning in the shallow end of the pool. If you want a tougher workout, add aqua jog belts and bar bells to create drag and resistance. Instructor led, for beginners as well.  
**Gentle Joints**  
*Mon, Wed, Fri 9-10am*  
A perfect class for those participants who require impact-free exercise while increasing strength and balance. Movements will work through a full range of motion for flexibility benefits. A great class for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.  
**Water Power!**  
*Mon, Wed, Fri 6-7pm*  
What a great way to end your day and stay in shape. This shallow water exercise class has elements of circuit training that utilize intervals and toning to power those calories away. A good class for the long-term exerciser or a beginner starting out.  
**Deep Water Exercise (H2O)**  
*Mon, Wed, Fri 10-11am;  
Tue & Thur- 9-10am, 4:30-5:30pm, 6-7pm  
New! Saturday 8:30-9:30am*  
Float your way to fitness! Knowledge of swimming is not required, nor is it necessary that you begin working at a high level of intensity to enjoy this type of exercise. This class is perfect for those with impact limitations. Using hip flotation belts, develop aerobic endurance and muscle conditioning.  
*Due to the demand, we have added a Saturday morning class at 8:30am!*

| PATTERSON PARK POOL & WATER EXERCISE SCHEDULE   |              |                                |  |  |  |  |                            |                                |                             |
|---|--------------|--------------------------------|--|--|--|--|----------------------------|--------------------------------|-----------------------------|
| <div>DESCRIPTIONS</div> <div><b>Rec Pool Play</b><br/>The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise.<br/><b>Open Swim</b><br/>The entire pool (water slide, water playground, lap lanes) is open for play.<br/><b>Anchored Down Aqua</b><br/>This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!<br/><b>Squeaks and Creaks</b><br/>This class will focus on the older adult or the individual with joint disease or fibromyalgia. Toning and stretching, balance and core strengthening with slight aerobic emphasis. A must for the beginner or one headed back to fitness.<br/><b>Walkercize</b><br/>A walking-based class that takes you around the pool using its properties for various types of resistance-based exercise. The slide's turbulence offers a great opportunity to push through to fitness!</div> | DAYS & TIMES | SUN                            | MON  | TUES   | WED  | THURS  | FRI                        | SAT                            |                             |
|   | 6-7AM        |                                | LAP SWIM /<br>INDIV. EX.                         | LAP SWIM /<br>INDIV. EX.                       | LAP SWIM /<br>INDIV. EX.                         | LAP SWIM /<br>INDIV. EX.                       | LAP SWIM /<br>INDIV. EX.   | LAP SWIM /<br>INDIV. EX.       |                             |
|   | 7-8AM        |                                | LAP SWIM /<br>INDIV. EX.                         | LAP SWIM /<br>INDIV. EX.                       | LAP SWIM /<br>INDIV. EX.                         | LAP SWIM /<br>INDIV. EX.                       | LAP SWIM /<br>INDIV. EX.   | LAP SWIM /<br>INDIV. EX.       |                             |
|   | 8-9AM        |                                | ANCHORED<br>DOWN AQUA                            | ANCHORED<br>DOWN AQUA                          | ANCHORED<br>DOWN AQUA                            | ANCHORED<br>DOWN AQUA                          | ANCHORED<br>DOWN AQUA      | ANCHORED<br>DOWN AQUA          | LAP SWIM<br>SWIM PREESCHOOL |
|   | 9-10AM       |                                | SQUEAKS N'<br>CREAKS                             | LAP SWIM /<br>SQUEAKS N'<br>CREAKS             | SQUEAKS N'<br>CREAKS                             | LAP SWIM /<br>SQUEAKS N'<br>CREAKS             | SQUEAKS N'<br>CREAKS       | LAP SWIM<br>SWIM PRESCHOOL     |                             |
|   | 10-11AM      |                                | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY  | LAP SWIM<br>SWIM PRESCHOOL     |                             |
|   | 11AM-12PM    |                                | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY  | LAP SWIM<br>SWIM PRESCHOOL     |                             |
|   | 12-1PM       |                                | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY  | AVAILABLE FOR<br>PARTY RENTALS |                             |
|   | 1-2PM        | OPEN SWIM                      | CLOSED<br>Cleared at 12:45                       | CLOSED<br>Cleared at 12:45                     | CLOSED<br>Cleared at 12:45                       | CLOSED<br>Cleared at 12:45                     | CLOSED<br>Cleared at 12:45 | OPEN SWIM                      |                             |
|   | 2-3PM        | OPEN SWIM                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY  | OPEN SWIM                      |                             |
|   | 3-4PM        | OPEN SWIM                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY                        | LAP SWIM<br>REC POOL PLAY                      | LAP SWIM<br>REC POOL PLAY  | OPEN SWIM                      |                             |
|   | 4-5PM        | OPEN SWIM<br>TILL 4:45PM       | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM PRESCHOOL | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM ACADEMY | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM PRESCHOOL | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM ACADEMY | LAP SWIM<br>REC POOL PLAY  | OPEN SWIM<br>TILL 4:45P        |                             |
|   | 5-6PM        | AVAILABLE FOR<br>PARTY RENTALS | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM PRESCHOOL | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM ACADEMY | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM PRESCHOOL | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM ACADEMY | LAP SWIM<br>REC POOL PLAY  | AVAILABLE FOR<br>PARTY RENTALS |                             |
|   | 6-7PM        | AVAILABLE FOR<br>PARTY RENTALS | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM PRESCHOOL | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM ACADEMY | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM PRESCHOOL | LAP SWIM /<br>REC POOL *25 MAX<br>SWIM ACADEMY | LAP SWIM<br>REC POOL PLAY  | AVAILABLE FOR<br>PARTY RENTALS |                             |
|   | 7-8PM        |                                | OPEN SWIM  | OPEN SWIM                                      | OPEN SWIM  | OPEN SWIM                                      | OPEN SWIM                  |                                |                             |
|   | 8-8:45PM     |                                | OPEN SWIM  | OPEN SWIM                                      | OPEN SWIM  | OPEN SWIM                                      | OPEN SWIM                  |                                |                             |

General Information & Services

# Swim Preschool

Our program follows the American Red Cross Parent & Child Aquatics Program, which helps children (ages 6 months - 4 years) become comfortable in and around the water so they are ready to learn to swim. Parents are given information and techniques to help orient their children to the water, to supervise water activities in a safe manner and progress into the Swim Academy Program.



**Location:** Patterson Park Community Center Pool  
**Age:** 6 months - 4 years  
**Cost:** 8 Classes - \$50.00  
**Days:** Monday & Wednesday beginning Feb. 27  
**Time:** Late afternoon & early evening

**Aquatots I - 6 -18 months**  
**Aquatots II - 18 - 36 months**  
**Preschool I - 3-4 years**  
**Preschool II - 3-4 years**  
**Advanced Preschool - 3-4 years**

Please call the Aquatics Dept.  
 at 893-7439 for more information.

## Little Tykes' Craft Hour

**Location:** Patterson Community Center - Tot Watch  
**Age:** 3 - 6  
**Cost:** Silver Admission  
**Days:** Mondays  
**Time:** 11 a.m. - Noon  
 Please call 893-7439 for more information.

## Toddler Time

**Location:** Patterson Park Community Center - Youth Gym  
**Age:** 5 & under  
**Cost:** \$1.00  
**Days:** Fridays  
**Time:** 10 - 11 a.m.  
 Please call 893-7439 to reserve your spot!

# Busy Bees Boot Camp

Children will further their development of locomotion and movement skills, as well as stability and manipulation in this class. It will introduce agility, speed, strength and endurance while improving motor skills and demands of daily physical activity.

**Location:** Patterson Community Center - Aerobic Studio  
**Age:** 3 - 5  
**Cost:** Gold pass admission  
**Days:** Tuesdays & Thursdays  
**Time:** 10:30 - 11:15 a.m.

Call 893-7439 to reserve their spot  
 on the day of the class.

## Sports\*Com Tumbleweeds

Learn to tumble, jump, stretch and roll to improve balance and locomotor skills in a fun setting!



**Location:** Sports\*Com Aerobics Room  
**Age:** 2 - 5  
**Cost:** Gold pass admission  
**Days:** Mondays & Wednesdays  
**Time:** 10:30 - 11:15 a.m.



Please call 895-5040  
 to reserve your spot  
 on the day of class.



# Wild Things

## TRPA Four-Star Award Winner!

Activities for toddlers beginning a lifetime of adventures and love for the wilderness!

**Location:** Wilderness Station  
**Age:** Birth - 5 years  
**Cost:** \$1.00  
**Days:** Wednesdays  
**Time:** 9:30-10:15 a.m. & 10:30 - 11:15 a.m.



**Feb. 1 - Me & My Shadow**  
**Feb. 8 - Lovin' the Wilderness**  
**Feb. 15 - Stinky Skunks**  
**Feb. 22 - Yucky Litter!**

Please call 217-3017 on Tuesday  
to reserve your spot.

## Cindy's Cinderellas

**Location:** McFadden Community Center  
**Age:** Preschool & youth  
**Cost:** Call 896-4683 for fees  
**Days:** Tuesdays  
**Time:** Based on class offerings

Please call 896-4683 for more information.

## Start Smart Basketball

This program is designed to teach children the basic skills to play basketball.

**Location:** Patterson Park Community Center - Adult Gym  
**Age:** 3 - 5 with parents  
**Cost:** \$40.00  
**Days:** Saturdays -  
Feb. 18 - March 25  
**Time:** 2 - 3 p.m.



Please call 893-7439 for information.

## March Programs...

### Teddy Bear Tea

Look in Grandma's closet for beads, purses and lace to accent your special tea dress. Decorate your own cake; hear a story, and other teatime activities. Bring your favorite bear or stuffed loved one.

**Location:** Patterson Community Center - Dining Room  
**Age:** 3 - 5  
**Cost:** Bronze pass admission  
**Days:** Saturday, March 25  
**Time:** 1 - 3 p.m.

Please call 893-7439 for more information.

### Strollercize

Use your baby's stroller as portable exercise equipment while we power walk on the greenway. A fitness instructor will lead additional exercises along the way. Enjoy the outdoors, meet other parents and get in shape while spending time with your child!

**We will meet every Thursday at 9 a.m. at the following locations:**

#### March 2nd

Murfreesboro Spring (Discovery Center off Broad St.)

#### March 9th

Thompson Lane Greenway Trailhead

#### March 16th

General Bragg Trailhead (West College St.)

#### March 23rd

Fortress Rosecrans (Old Fort Park)

#### March 30th

Cannonsburgh Trailhead

In case of inclement weather, meet at  
Patterson Park Community Center.  
Please call 893-2141 for information.

# We're Going



Plan Your Wedding  
in the Shadow of a  
Historic Southern  
Village.

Old-Fashioned  
Wedding Memories at  
Cannonsburgh Village  
are Forever.

## Valentine's Day Weddings

**Cannonsburgh Village To Present  
Valentine's Day Weddings on February 14, 2006.**

We're going to the chapel and we're going to get married! Reserve your wedding on the most popular day of the year! Couples may register prior to or on Valentine's Day for a one-hour wedding. Full wedding packages are available for this and any other date or time. Decorations, candelabras with candles furnished. Couples must provide their own music and pastor (referral list available). No additional charge for guests.

Chapel seats up to 75. Free gift for the bridal couple!

\$100.00 + tax per one hour wedding. Fee paid prior to date of wedding.

To schedule your special day,  
please call Teresa Owen at 615-890-0355.



**Cannonsburgh, 312 South Front Street, Murfreesboro, TN**



# to the Chapel...



These facilities are available for rental year-round!

Cannonsburgh offers a chapel, gazebo, and reception house which may be used for weddings and wedding receptions.



## *Cannonsburgh Village...*

**Cannonsburgh, which was the original name of Murfreesboro,** welcomes visitors to a southern style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, the facilities are ADA accessible. Displays include early American trades, museums, period homes, and a large collection of tractors and farm implements.

**Office Hours:** Visitors Center open November 1, 2005 - April 22, 2006, Monday through Friday, 10 a.m. - 4 p.m. Closed Saturday & Sunday. The historic buildings in Cannonsburgh Village are closed through the winter. Farm implements, tractors and grounds may be viewed year-round. The Williamson Chapel, Leeman House and Gazebo are available year-round for weddings. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call for rental fee and day/time availability. 615/890-0355.

**Guided School Tours:** Tuesday – Friday, \$2 per student. Teachers and chaperones free with paid tour. Appointments required. Tours last approximately 1 – 1 ½ hours. Picnic areas available. The Greenway Walking Trail is adjacent to Cannonsburgh: field guides are available. No tour in the event of rain.

## *This Month at Cannonsburgh Village...*

**Murfreesboro/Rutherford Art League (MRAL):** Classes Monday evenings, 7 – 9 p.m. in the Art League Gallery at Cannonsburgh. All ages and levels of artistic proficiency welcome. Memberships available. For information call Carol Nesvik, 931/394-2685, or Mack Radford, 615/890-4157.

**Stones River Region Antique Automobile Club of America (AACA):** First Tuesday monthly meeting at Stones River Region AACA garage at Cannonsburgh Village. Restore you own vehicle; attend occasional swap meets. Individual/family memberships available at the local/national level. Contact: Bruce Hickerson, 615/849-1841.

## Art 2 Eat

### Edible Craft Class!

**Location:** Patterson Community Center -Art Room  
**Age:** 8 - 15  
**Cost:** Silver pass admission  
**Days:** Tuesdays  
**Time:** 3 - 5 p.m.

Please call 893-7439 for more information.

## Crazy Creations

**Location:** Patterson Community Center - Art Room  
**Age:** 8 - 13  
**Cost:** Silver pass admission  
**Days:** Wednesdays  
**Time:** 4 - 5 p.m.

Please call 893-7439 for more information.

## Creative Expressions

### Arts, Crafts, Music, & Drama

**Location:** Patterson Community Center - Art Room  
**Age:** 8 - 12  
**Cost:** Bronze pass admission  
**Days:** Thursdays  
**Time:** 3 - 4 p.m.



Please call 893-7439 for more information.

## Astronomical Sightings

Come out to the Wilderness Station for a look at our very own solar system. We will blast off into space onboard the Wilderness 1 to explore some cool facts about the final frontier. There will be parts of the program that will be in the dark.

**Location:** Wilderness Station  
**Age:** 6 - 12  
**Cost:** \$1.00  
**Day:** Friday, Feb. 17  
**Time:** 10 - 11 a.m.

Please call 217-3017 to register or for more information.

## Budding Biologists

The natural world holds so many mysteries. Join us every week for a new adventure; we'll do a hands-on activity or experiment and nature hike.

**Location:** Wilderness Station  
**Age:** 6 - 12  
**Cost:** \$1.00  
**Days:** Tuesdays - Jan. 3 - Feb. 28  
**Time:** 4 - 5 p.m.

**Feb. 7th - Cave Capers**  
**Feb. 14th - Great Groundwater**  
**Feb. 21st - Erosion Explosion**  
**Feb. 28th - Developing Dilemma**

Please call 217-3017 to reserve your spot!.

## Plant People-

The plant kingdom is a beautiful place with many wondrous colors and all kinds of shapes and sizes. It's nature at its best! Come and be a



part of Plant People and learn about the wonderful world of plants. We will do hands-on activities and take hikes to observe plants in action. Come to every session available for the month and take home a Plant People badge!

**Location:** Wilderness Station  
**Age:** 7 -13  
**Cost:** \$1.00  
**Days:** Fridays, Jan. 6 - Feb. 24  
**Time:** 4 - 5 p.m.

**Feb. 3rd - Basics of Photosynthesis**  
**Feb. 10th - Piecing the Greens**  
**Feb. 17th - Dispersal**  
**Feb. 24th - The Many Shapes of Growth**

Please call 217-3017 to reserve your spot!



# Earth Cadets

## Environmental and recycling program!

**Location:** Patterson Park Community Center - RMC  
**Age:** 8 - 10  
**Cost:** Bronze pass admission  
**Days:** Thursday, Feb. 16  
**Time:** 3:30 - 4:15 p.m.

Please call 893-7439 for more information.

## Caves & Caverns

Caves are delicate ecosystems that are fun to explore. However, it is important to remember how fragile they can be if we are not careful. They possess lots of mystery and wonderment for all who enter. Together we will explore these mysteries and hopefully gain a new respect for all they hold.

**Location:** Wilderness Station  
**Age:** 6 - 12  
**Cost:** Free!  
**Days:** Saturday - Feb. 18  
**Time:** 1 - 2 p.m.

Please call 217-3017 to register  
or for more information.

## Nature Art -

### Bookmarks & Cards

Come join us for fun crafts with nature's materials. Let's see what types of useful and fun crafts we can make using natural resources in our own backyard.

**Location:** Wilderness Station  
**Age:** 6 - 13  
**Cost:** \$2.00  
**Days:** Saturday - Feb. 25  
**Time:** 1 - 2 p.m.

Please call 217-3017 to reserve your spot!

## Homeschool P.E.

**Location:** Patterson Park Community Center - Youth Gym  
**Age:** Grades 1st - 9th  
**Cost:** Gold pass admission  
**Days:** Mondays & Wednesdays  
**Time:** 1 - 2 p.m.  
Call 893-7439 for more information.

# Library Workshops

## Topic: Chocolate!

We'll make chocolate roses and chocolate-covered cherries and other molded chocolate goodies! Register in the children's area of Linebaugh Library no later than the second Wednesday of each month.

**Location:** Linebaugh Library  
**Age:** 8 & up  
**Cost:** \$4.00  
**Days:** 2nd Saturday of every month - Feb. 11  
**Time:** 10:30 a.m. - Noon  
Please call 893-7439, ext. 14 for more information.

## Homeschool Happenin's

### TRPA Four-Star Award Winner!

#### Topic: Radical Recyclers

School-age kids can participate in nature-themed activities to supplement their home-school curriculum.

**Location:** Wilderness Station  
**Age:** 6 - 12  
**Cost:** \$1.00  
**Days:** Feb. 2 - 1st Thursday of every month  
**Time:** 2 - 3 p.m.  
Call 217-3017 to reserve their spot!

## Swim Academy of Murfreesboro

The Swim Academy is based on the American Red Cross Learn-to-Swim program using Levels 1 - 5. All new participants must take an evaluation (at the facility they wish to take lessons) to best determine their proper level.

**Location:** Patterson Park Community Center & Sports\*Com  
**Age:** 5-12  
**Cost:** \$75.00 for 1st child, \$55.00 for each additional child of same family  
**Days:** Tuesdays & Thursdays beginning Feb. 28  
**Time:** Based on specific class.

Please call Patterson at 893-7439 or Sports\*Com at 895-5040 to schedule an evaluation.

## Teen Sewing Class

### Beginners' Sewing!

**Location:** Patterson Park Community Center-  
Theater Costume Room

**Age:** 12 - 15

**Cost:** Bronze pass admission

**Days:** Tuesdays

**Time:** 4:30- 5:30 p.m.

Please call 893-7439 for more information.

## Teen Scene

**Location:** Patterson Park Community Center-  
Game Room

**Age:** 13 - 17

**Cost:** Silver pass admission

**Days:** Wednesdays

**Time:** 5 - 6 p.m.

Please call 893-7439 for more information.

## Teen Cooking Class

Basic cooking and nutrition for teens.

**Location:** Patterson Park Community Center-  
Dining Room / Kitchen

**Age:** 12 - 16

**Cost:** Bronze pass admission

**Days:** Wednesdays

**Time:** 4:30 - 5:30 p.m.

Please call 893-7439 for more information.

## Creative Expressions

Arts, Crafts, Music, & Drama

**Location:** Patterson Community Center - Art Room

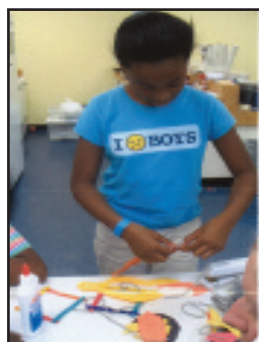
**Age:** 13 & up

**Cost:** Bronze pass admission

**Days:** Thursdays

**Time:** 4:30 - 5:00 p.m.

Please call 893-7439  
for more information.



## American Red Cross Lifeguard Training

### Certifications include:

Lifeguard & First Aid Training, CPR/AED for Professional Rescuer & O2 Administration.

**Location:** Sports\*Com

**Age:** 15 & up

**Cost:** \$145.00

**Days:** Tuesdays & Thursdays -Feb. 21 -March 21

**Time:** 6-9 p.m.

More classes scheduled in March, April & May!

Please call 895-5040 for more information.

## American Red Cross Lifeguard Instructor



Learn how to certify others to be lifeguards! This class will certify you to teach Lifeguard & First Aid Training, CPR/AED for the Professional Rescuer & O2 Administration!

**Location:** Sports\*Com

**Age:** 17 & up

**Cost:** \$100.00

**Days:** Tuesdays & Thursdays -Feb.16-March 21

**Time:** 6 - 9 p.m.

Please call 895-5040 for more information.

## Valentine's Day Dance

Bring a loved one or your best friend for a night  
of fun & dancing!

**Location:** Patterson Park Community Center

**Age:** 11 - 17

**Cost:** Bronze pass admission

**Days:** Friday, Feb. 10

**Time:** 7 - 9 p.m.

Please call 893-7439 for more information.



# Yoga in the Wilderness

Experience nature with all of your senses. Enjoy a gentle hike to the river and back. Class will be held inside and everything is provided.

**Location:** Wilderness Station

**Age:** 18 years & up

**Cost:** \$2.00

**Days:** Tuesdays

**Time:** 9:30 - 11 a.m.



Please call 217-3017 to register  
or for more information.

## Scrapbooking Class

Get great ideas for own your scrapbook  
and share a few of your ideas. Some  
materials will be provided,  
participants must bring photos and their  
own scrapbook album.



**A creative way to preserve your memories!**

**Location:** Patterson Community Center - Art Room

**Age:** 18 & up

**Cost:** Silver admission pass

**Days:** Mondays, beginning Feb. 13

**Time:** 6 - 7:30 p.m.

Please call 893-7439 to register  
or for more information!

# Community Bingo

**Location:** Patterson Park Community Center

**Age:** 18 years & up

**Cost:** Bronze pass admission

**Days:** Wednesday, Feb. 15

**Time:** 10 - 11 a.m.

Please call 893-7439 for more information.

## 30 & Over Basketball

**Come and enjoy a night of fun playing basketball.**

**Location:** Sports\*Com Gym

**Age:** 30 & up

**Cost:** Bronze pass admission

**Days:** Tuesdays

**Time:** 6 - 8 p.m.

Please call 895-5040 for more information.

## Spring 2006 Racquetball League

**Location:** Patterson Park Community Center -  
Racquetball Courts

**Age:** 18 & up

The fee for the league is \$15.00, which includes a long sleeve t-shirt and league play. The fee does not include Patterson Park Community Center admission. We offer daily, monthly, or 30-visit passes to fit your individual needs. Each player must pay before their first game. You will be assigned an opponent and it is up to you to contact them to schedule your game. The winners of each game will complete the score sheet and place it in the designated Racquetball League Box immediately after their game. Please make sure to stop and report your scores. If you happen to miss a game, you can contact your scheduled opponent and try to make up that game the next week (if they agree to it). Then, just report the scores when you make up that game.

Please call Amanda at 893-7439 for more information.

# "Talent, No Talent" Show

Are you talented? Talented or not, sign up to perform for your fellow seniors! Sing, dance, read a poem, tell jokes, juggle, etc. Sign up at the St. Clair front desk. Everyone is welcome to participate and/or watch the performances. Refreshments provided.

**Location:** St. Clair Street Senior Center

**Age:** 60 & up

**Cost:** Free!

**Days:** Friday, Feb. 10

**Time:** 1 - 4 p.m.

Please call 848-2550 for more information.

## Valentine's Dance

Wear your dancing shoes and join us for the music of Debbie and Neil. Light refreshments provided.

**Location:** St. Clair Street Senior Center

**Age:** 60 & up

**Cost:** \$4.00 at the door

**Days:** Saturday, Feb. 11

**Time:** 7 - 10 p.m.

Please call Marlane at 642-3170, Brenda at 848-2550, Yvonne at 896-6050 or Gladys at 895-7867.

## Valentine's Party with "Hearts Bingo"

**Location:** St. Clair Street Senior Center

**Age:** 60 & up

**Cost:** Free

**Days:** Tuesday, Feb. 14

**Time:** 9 - 11:30 a.m.

For more information,  
please call Marlane at 642-3170 or Brenda at 848-2550.

## Senior Health & Education Fair

Vendors will provide information regarding health issues for seniors. Some screenings available.

**Location:** St. Clair Street Senior Center

**Age:** 60 & up

**Cost:** Free

**Days:** Tuesday, Feb. 28

**Time:** 9 a.m. - noon

For more information, please call 848-2550.

## Exercise Classes at Sports\*Com

### ~Senior Power~

Monday, Wednesday, Friday ~ 9:15-10am ~ Ages: 60+ ~ Comfortable clothing and gym shoes. This class combines strength training moves with stretches to increase your flexibility and overall functional fitness level. Call 895-5040 for more information.

### ~Water Exercise Class~

Monday, Wednesday, Friday ~ 8:00-9:00am & 6:00-7:00pm. Any age ~ swim attire. This one-hour invigorating session incorporates aerobic endurance and muscular conditioning in the shallow end of the indoor pool.

### ~Gentle Joints~

Monday, Wednesday, Friday ~ 9:00-10:00am ~ Any age, 60+ encouraged to participate ~ swim attire. A water exercise class with a softer side. This class is designed for those participants who require impact-free movement, while increasing strength and balance and working through a full range of motion. Great for those with arthritis and beginning exercisers. Shallow end of the indoor pool.

## Activities at St. Clair Street Senior Center

Classes are for ages 60 and over. Classes are designed for most fitness levels. Comfortable clothing and gym shoes are recommended for all classes. For more information, changes, or cancellations, please call Lisa at 848-2550.

### ~Strength Training~

Mondays, Wednesdays, and Fridays ~ 8:00-8:45am. This class consists of weight training to help you improve strength.

### ~Senior Strength~

Tuesdays and Thursdays~ 8:45-9:35am and 10:40-11:30am. This 40-minute class consists of 20 minutes of cardio and 20 minutes of weight/resistance training in both standing and seated positions.

### ~Dancercise~

Tuesdays and Thursdays~ 9:35-10:25am. Get up and moving! This class combines easy-to-follow movements with high-energy music to give you a fun, heart-healthy experience.

### ~Core Strength~

Tuesdays and Thursdays~ 8:30 - 8:45am & 10:25-10:40am. This 15-minute class takes place on mats on the floor. Strengthen your core muscles (your back and abs) for better posture and upper body strength.

### ~Yoga~

Mondays, Wednesdays, and Fridays ~ 9:30-10:45 am. This 45-minute class takes place on mats on the floor. Gently strengthen and stretch your body with smooth, slow movements. Class is finished with a soothing relaxation time.

### ~Functional Fitness~

Mondays, Wednesdays, and Fridays ~ 8:45-9:30 am. This 45-minute class consists of weight/resistance training, cardio, and stretching to help you achieve and maintain your functional fitness level.



# Trail Mix

Mix up your workout with these group exercise opportunities on the greenway.

## Greenway Walking Club

**Age:** All ages

**Cost:** Free!

**Time:** Wednesdays at 9 a.m.\*

March 1 - Thompson Lane Trailhead

March 8 - General Bragg Trailhead

March 15 - Cannonsburgh Trailhead

March 22 - Murfree Spring Trailhead

March 29 - Fortress Rosecrans Trailhead

**\*Program will be cancelled in inclement weather. Group leaves at 9:05 a.m.**

## Greenway Pedalers

Enjoy the outdoors and make new friends as we take a leisurely bike ride on the greenway. Ride at an easy pace for about an hour, and get cycling tips along the way.

Bring your own bike or ride one of ours.

**Location:** Cannonsburgh Trailhead

**Age:** All ages

**Cost:** Free!

**Time:** Tuesdays at 9 a.m.\*

**\*Program will be cancelled in inclement weather. Helmets are recommended (required for children under 16).**

## Strollercize

Use your baby's stroller as portable exercise equipment while we power walk on the greenway. A fitness instructor will lead additional exercise along the way. Enjoy the outdoors, meet other parents and get in shape while spending time with your child!

**Age:** All ages

**Cost:** Free!

**Time:** Thursdays at 9 a.m.\*

**March 2nd** - Murfree Spring Trailhead

**March 9th** - Thompson Lane Trailhead

**March 16th** - General Bragg Trailhead

**March 23rd** - Fortress Rosecrans Trailhead

**March 30th** - Cannonsburgh Trailhead

**\*In case of inclement weather, meet at Patterson Park Community Center.**

Please call 893-2141 for information.

# Knots So Fast!

Got cabin fever? Feeling all knotted up? Join the laughter when we venture into the skills of knot tying! Learn the square, bowline, overhand knot and more if time permits. Learn how these knots can be used in the great outdoors and at home too! Rope sections provided for class and take home.

**Location:** Wilderness Station

**Age:** 8 & up

**Cost:** \$2.00

**Days:** Saturday, Feb. 18

**Time:** 10 - 11 a.m.

Please call 217-3017 to reserve your spot!

## Cooking on a Stick!

### "Ranger's Apple Pie!"

Bundle up and warm up: inside and out, when we hike 2 miles round trip to the backcountry campfire ring. We'll cook up a new, fun "hot treat." Bring your own water or soft drink. Registration is a must! Limited to 20 participants. Groups call to set special dates and time.

**Location:** Wilderness Station

**Age:** 5 & up

**Cost:** \$3.00

**Days:** Saturday, Feb. 11

**Time:** 3 - 4:30 p.m.

Please call 217-3017 to reserve your spot!

## Line Dancing

**Location:** Patterson Park Community Center - Aerobics Studio

**Age:** All ages

**Cost:** Bronze pass admission

**Days:** \$24.00 for 8 weeks

**Time:** 1 - 3 p.m.

Please call 893-7439 for more information.

# Round Dancing

**Location:** Patterson Park Community Center-  
Aerobic Studio  
**Age:** All ages  
**Cost:** \$3.00 per class  
**Days:** Fridays  
**Time:** 6 - 8:30 p.m.

Please call 893-7439 for more information.

## Learn to do the Detroit Hustle!

Join Dance Instructor M.J. Hollins three times a week, dance, lose pounds, and lower your blood pressure & cholesterol. Learn the Electric Slide, Chicago Stepping, Casper Slide, Ballroom, Cha Cha and many other dances. No partners necessary.

### Intermediate Level

**Location:** Patterson Park Community  
Center  
**Age:** All ages  
**Cost:** \$20 monthly (20 classes)  
**Days & Times:**  
Mondays & Wednesdays  
10:30 - 11:30 a.m. & 7:30 - 8:30 p.m.  
Saturdays  
3:30 - 4:30 p.m.

### Beginner Level

**Location:** Patterson Park Community  
Center  
**Age:** All ages  
**Cost:** \$10 (8 classes)  
**Days & Times:**  
Mondays & Wednesdays  
9:30 - 10:30 a.m.

For more information,  
please contact M.J. Hollins at 848-6771.

# Building for Wildlife "Sweet Treats"

Sweet treats will attract your wildlife visitors and be sure to take the chill of their winter quest for food when you offer this simple homemade recipe and heartwarming display to their menu.

**Location:** Wilderness Station  
**Age:** 5 years & up  
**Cost:** \$3.00  
**Days:** Saturday, Feb. 11  
**Time:** 10 - 11 a.m.

Please call 217-3017 to reserve your spot!

## Meet-n-Greet Our Critters

It's still cold outside so most of the animals are nestled away, dreaming about those warm spring days, but our critters inside the Wilderness Station are awake and ready to teach you! Come by the station and meet our resident friends...the cool corn snake, the slimy salamander, the fabulous frogs, the marvelous millipede, and, of course, our boastful bird.

**Location:** Wilderness Station  
**Age:** 5 & up  
**Cost:** \$3.00  
**Days:** Saturday, Feb. 11  
**Time:** 10 - 11 a.m.

Please call 217-3017 to reserve your spot!

## "A Raisin in the Sun" presented by the Patterson Park Ensemble Players

**Location:** Patterson Park Community Center  
Theater  
**Age:** All ages  
**Cost:** Please call for fees.  
**Days:** February 3, 4, & 5  
**Time:** TBA

Please call 893-7439 for more information.



## Greenway Drum Circle

Groove on the greenway! We will learn traditional rhythms from various cultures, as well as some modern ones and we'll even make up our own!

Bring your own drum or  
we will provide a bucket and sticks.

**Location:** Cannonsburgh Trailhead

**Age:** All ages

**Cost:** Free!

**Days:** Saturdays, beginning March 4

**Time:** 3 - 4 p.m.

Please call 893-2141 for more information.

## Chess Class

**Sponsored by the Rutherford Co. Chess Club**

**Location:** Patterson Park Community Center-  
Meeting Room C

**Age:** All ages

**Cost:** Bronze pass admission

**Days:** Fridays

**Time:** 5:30 - 7 p.m.

Please call 893-7439 for more information.

## The <sup>New</sup> Murfreesboro Intramurals

presents...

## Recreational Swim Meet

Do you enjoy swimming? Do you enjoy competition on a recreational level or are you looking for meet practice? If so, then come out to Sports\*Com for an event like no other! Events for ages 7 & up will be held the last Friday every month!

**Location:** Sports\*Com

**Age:** 7 & up

**Cost:** \$5.00 for three events,  
\$2.00 for each additional event.

**Days:** Last Friday each month - Feb. 24

**Time:** 7 - 9 p.m.,  
registration begins at 5:30 p.m.

Please call Thomas, Jeni or Kathi  
at 895-5040 for more information!

## Flick n' Float

Relax on a float and catch a movie flick! This is a regular series of flick n' float films shown on the third Thursday of the month at the Patterson Park Community Center indoor water park. You are welcome to bring your own float or use one of ours.

**Location:** Patterson Park Community Center

**Age:** All ages

**Cost:** Silver pass admission

**Days:** Thursday, Feb, 16

**Time:** 7 - 9 p.m.

Please call the Aquatics Dept.  
at 893-7439 for more information.

## Positive Impact

A very low impact aerobics class is now at Sports\*Com. This class is for those who need to exercise, are new to exercise, out of shape, out of motivation or just need a lower-paced workout.

**Location:** Sports\*Com

**Age:** 16 & up

**Cost:** \$24.00 a month for 2 sessions per week  
\$36.00 a month for 4 sessions per week

**Days:** Tuesdays & Thursdays

**Times:**

Session 1 Workin' out to the oldies 7:15-7:45 p.m.

Session 2 Instructor's Choice 7:45-8:15 p.m.

Preregistration is required. Call Angela at 615-556-0717  
for registration and fees.

## Inner Tube Water Polo

A great game for families to play together and an opportunity for youth, teens, adults and seniors to paddle their way to fitness!

**Location:** Sports\*Com indoor pool

**Age:** 12 & up

**Cost:** Silver pass admission

**Days:** Tuesdays

**Time:** 7 - 9 p.m.

Please call 895-5040 for more information.

*Parents -  
Need a date night without the kids?*



*Sports\*Com*  
*Friday, February 10, 2006*  
*6:30 - 10pm - Ages 5 - 14*  
*\$3 per child*

*6:30 - 7 p.m. - Registration & Games*  
*7 - 8:30 p.m. - Movie in the Pool*  
*8:30 - 9 p.m. - Pizza*  
*9 - 10 p.m. - Make & Take Valentine Craft*  
*10 p.m. - Parent Pickup*

*For more information or to preregister, please call Sports\*Com at 895-5040.*